

Institutionen för kost- och idrottsvetenskap

# HÄLSOCOACH I SKOLAN

En utvärderande fallstudie av en  
hälsofrämjande intervention

av

Pernilla Hedström

AKADEMISK AVHANDLING

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## Abstract

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Author: Pernilla Hedström

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Young school children in Sweden spend today less time taking part in physical activities, compared to what they did 15-20 years ago. Physical activity is a major health component, which can make children maintain or increase their health. Earlier research has shown that a minimum of 60-90 minutes a day of physical activity is needed for young children to develop good health.

The purpose of this study is to explore a longitudinal (two years) health coach intervention, focusing on the effects and experiences of expanded physical activities in an elementary school, managed by a health coach.

The research team planned the health coach intervention based on the theoretical model; Youth Physical Activity Promotion Model (YPAPM) (Welk, 1999). In the study, quantitative and qualitative data have been collected over a period of two years.

Analysis has shown that the health promotion activities attracted even those children who usually do not like the PE classes. These children like playful activities where they can feel athletic competent and involved. The Health Coach project did not significantly improve the students' healthy lifestyles, at least not in the short term, even if the children had learned new lessons about how to promote their own health.

This study has shown that a health coach in school could be needed, but this position needs to be full-time, because it requires more efforts to increase children's physical activity. It is also important that the health coach has the right qualification and receive support from the head master and from the class teacher.